



INSTITUTE OF  
**HOLISTIC HEALTH CAREERS**  
*Educating Wellness Professionals*

## Elemental Reflexology

*"Tend to the Feet, Tend to the Body"*

### Two-Part Elemental Reflexology Series in Atlanta, Georgia!

- Reflex Points
- Reflexology Techniques
- Elemental Techniques
- Element Identification
- History & Philosophy
- Foot Care
- Anatomy of the Foot



#### Benefits of Elemental Reflexology Certificate:

- Increase Client Base
- Focus on Ayurvedic Reflex Points
- Understanding the Reflexology Points based on the Five Elements of Polarity Therapy.
- Required Course for HHP Degree Program

\* CEU Credits - NCBTMB for Massage & Body Workers, and APTA/Polarity CEUs

\* 100 hour, Board Certified Course. National Certification through American Association of Drugless Practitioners (AADP).

Course taught by Dr. Mary Jo Ruggieri, Director of Institute of Holistic Health Careers & the Columbus Polarity, Center for Integrated Health & Wellness. 30 Year specialist in Ayurvedic Reflexology.

For more personalized attention, Class Assistants/Interns will also be participating.

*New Manuals & Reflexology Charts, Authored by Dr. Mary Jo Ruggieri and Judy Tancinco, RPP, RPE*

## Series Schedule

Part I: October 8-11, 2010  
Part II: November 12-15, 2010



Fri: 12:00-6:00 Sat: 9:00-5:00 Sun: 9:00-5:00 Mon: 9:00-1:00

- 60 Hours In-Class
- 30 Hours of Practice Sessions
- Two Personal Sessions from IHHC Staff attending the Seminar
- Six Hours of Teleconferencing (three two-hour calls from the comfort of your home!)

### Location:

Atlanta Polarity Center  
566 Pharr Rd. NE  
Atlanta, GA 30305



### Contact for Local Housing:

Eleanor Hand  
(404) 213-3025  
[eghand@bellsouth.net](mailto:eghand@bellsouth.net)

**Cost:**

**\$995\***: Pre-paid by August 30, 2010 (includes Parts I & II).

**\$550\***: If paying by Individual Class/Part (due one week prior to class).

**\$185**: Books (to be paid @ first class).

**\$55**: Per Personal Session with IHHC Staff

*\*These Costs reflect our Special Discount Fees for this Program!*

**Option:**

- No Interest Payment Plan: \$1,100 paid over six months @ \$183.50/month
- Payments will run September through February.
- Payments run on the 15th or 30th of each month. MUST be on Credit or Debit Card

**Registration & Fees payable to the  
Institute of Holistic Health Careers (IHHC).**

(614) 299-9438     [l.bunge@holistichealthcareers.com](mailto:l.bunge@holistichealthcareers.com)

*\*Must Register and fill out Application\**

**[Elemental Reflexology Course Description, Application & Curriculum](#)**